



Lake County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the 2007-2008 school year in the Lake County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Lake County School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- Wellness policy and nutrition policy was strengthened and mental health policy approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$651,000.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Lake County Health Department | ➤ Right Choices of West Tennessee |
| ➤ Lake County Health Educator | ➤ Gear Up |
| ➤ Life Beat Family Resource Center | ➤ Salvation Army |
| ➤ Lake County Schools Family Resource Center | ➤ YMCA of Dyersburg, TN |
| ➤ Tennessee Early Intervention Systems | ➤ Northwest Tennessee Workforce |
| ➤ Northwest Childcare Resource and Referral | ➤ Lake County Interagency Council |
| ➤ Reelfoot Rural Ministries | ➤ Carey Counseling Center |
| ➤ Signal Centers Strengthening Families Program | ➤ American Cancer Society |
| ➤ Lake County Even Start Program | ➤ LeBonheur |
| | ➤ Lake County Head Start |
| | ➤ Lake County Schools Parent Involvement Coordinator |
| | ➤ Lake County UT Ag Extension |
| | ➤ Dyer County UT Ag Extension |

Parent and Student Involvement Developed

Approximately 325 parents have collaborated with CSH. They have assisted with numerous health initiatives at all schools including health screenings, Food Fiesta, Communicating With Your Teen parent night, My Heart is in Your Hands campaign, healthy snack poster contest, Salsa Aerobics, Run/Walk After School Program, Pilates After School Program

The following newsletters and/or correspondences are mailed or sent home to parents of Lake County students: Helping Children Learn quarterly newsletter is sent home with all PreK-8 grade students, Parent/Child Magazine is sent home with early childhood education students and teen parents enrolled in high school every other month, Michigan Model health education curriculum Family Resource sheets are sent home with all K-5 grade students quarterly. Parents of high school students receive monthly through the mail event calendars and high school Years newsletter, Nutrition Nuggets monthly newsletter is sent home with K-5 grade students. The Even Start Family Literacy Program offers the following parent/child involvement activities: approximately 20 parents and children visit the Pumpkin Barn annually where they learn about farm animals, pumpkins, and healthy habits for fall. Approximately 30 parents and children attend the Christmas Party where they enjoy healthy pizza, games, the Christmas Parade, and nutritional facts for winter, Child Abuse Prevention parent night for Even Start parents at Reelfoot Rural Ministries, and Spring Fling at the Henley Resource Center where 25 parents and children enjoyed outdoor family literacy activities, an Easter Egg Hunt, a healthy dinner and learned about healthy summer habits.

Approximately 300 students are partnering with CSH to address school health issues: These activities include Student Coalition Against Tobacco (SCAT), SCAT display table at high school basketball games, SCAT members work the concession stand at basketball games when promotional items are distributed, middle school and high school student athletes visited all PreK-5th grade classrooms during Child Health Week to promote the importance of physical activity and eating healthy. After a 5 minute presentation, the student athletes led 5 minutes of physical activities. The physical education class at Lake County High School wears uniforms during physical education time that displays Coordinated School Health and "Too Smart To Start" logos. During Child Health Week, high school students greet elementary students with a healthy theme sticker and reminders to live a healthy life. Ciggy Butts greeted students at Lara Kendall Elementary as they entered school and handed out healthy themed stickers which were worn by students throughout the school day. Each day during the morning announcements students at Lara Kendall Elementary and Margaret Newton Elementary listen to health related messages and participate in brief physical activities. Students have been engaged in CSH activities such as selling oranges, grapefruits, apples, and tangelos as an annual fall fundraiser. During Child Health Week, all K-12 grade students participated in a healthy snack poster contest which included nutritional facts and snacks less than 200 calories. Lake County High School Student Council sold healthy ice cream treats during lunch. Various clubs at the middle school and high school had a healthy canned food drive during the month of October when all proceeds went to Reelfoot Rural Ministry. Teen parents enrolled at Lake County High School strive to improve their mental/emotional health by participating in the Even Start Program, a five component voluntary program that requires participation in Early Childhood Education, Adult Education, Parent Education, Parent and Child Together Time and Home Visits.

School Health Interventions

Since CSH has been active in the Lake County School System, the following health interventions have taken place

1700 School Health Screenings and 930 Referrals to Health Care Providers;

2400 students have been seen by a school nurse and 70% returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Lake County School System's BMI data shows that 51% of students screened are overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: walking track at Margaret Newton Elementary, elliptical machines and treadmills for all three schools, Michigan Model Health Education Curriculum, physical activity equipment for elementary, middle, and high school physical education class, nine station outdoor fitness course at Margaret Newton Elementary, salad bar for Lake County High School, updated playground equipment, Wii Video Systems with physical activity games, stability balls for six classrooms;

Professional development has been provided to counselors, physical education teachers, nurses, and teachers. Examples include: Michigan Model health education curriculum, mental health 101, Take 10!, and Color Me Healthy Curriculum;

School faculty and staff have received support for their own well-being through seasonal flu vaccines offered free of charge, ongoing health screenings available to staff/faculty, a new walking track and fitness course installed at Margaret Newton Elementary School, an after school physical activity program sponsored by CSH available to the entire community, and treadmills and elliptical machines available at each school for faculty use.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Comprehensive Health Education Interventions – Michigan Model is taught in all K-9 grade classrooms by school nurses, school counselors and/or physical education teachers, Take 10! curriculum is available at Lara Kendall Elementary and Margaret Newton Elementary for all classroom teachers, Power U curriculum is taught by a representative from the UT Extension office to fourth grade students, pre-K teachers were trained on Color Me Healthy which will be implemented in classrooms next school year, school nurses received training on the Food Youth Initiative and will implement the curriculum in 2nd and 3rd grade classrooms, CSH was the recipient of \$65,000 Student Tobacco Outreach Program in 2008-2009, and funding for Tennessee Nutrition and Consumer Education Program was secured;
- Physical Education/Physical Activity Interventions – preK-9 grades are in compliance with the 90 minute physical activity law, a walking track and nine station fitness course installed at Margaret Newton Elementary School, physical activity videos designed for classroom use are used at all schools by teachers, school nurses, and school counselors, treadmills and elliptical machines are available at all schools for faculty and student use, after school physical activity program sponsored by CSH was available to the entire community, six elementary classrooms converted student seating from chairs to exercise balls; Take 10! is available at both elementary schools, updated playground equipment, improved physical education equipment at all three schools, Drums Alive and Zumba summer class for students (2010-2011), and Summer Camp for Kids that included daily physical activity (2010-2011).

- Nutrition Interventions – a salad bar was available at the high school for all students and staff, Lake County High School Student Council sold healthy ice cream treats during lunch, high school vending machines were transformed to include only healthy snacks and bottled water, G2, and VitaWater, Margaret Newton received the Fresh Fruit and Vegetable Grant in 2009-2010, Kids in the Kitchen Summer Camp (2009-2010), nutrition education summer class offered by LeBonheur (2010-2011), and Summer Camp for Kids that included nutrition education and learning to make healthy snacks (2010-2011);
- Mental Health/Behavioral Health Interventions – CSH collaborates with the Lake County School System's Even Start Program to provide social services for teen parents enrolled at Lake County High School to help them attain self-sufficiency. Even Start has provided \$160,000-\$190,000 (federal and local funds) per year, social workers from Carey Counseling Center serve grades PreK-3 two times per month in the classroom and are available for individual counseling, the elementary school counselor serves grades K-5 two times per month when she uses a variety of character education material, including bullying prevention, during classroom time, secured funding for a 3-year Abstinence Education Grant, and a Mental Health Team was formed and meets quarterly.

In such a short time, CSH in the Lake County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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